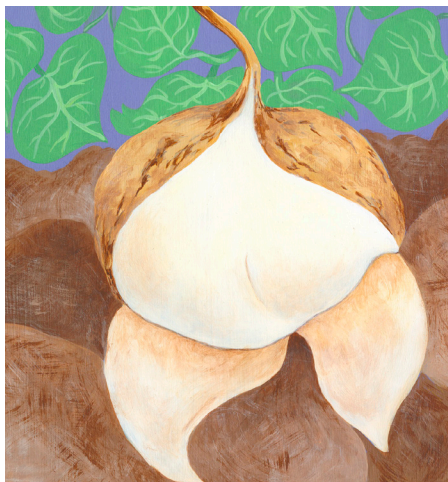


Harvest of the Month



JÍCAMA



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some jicama.
2. **MAKE** a dish with jicama using the recipe and ingredients provided.
3. **LEARN** about jicama with the information below.



Fun Facts

- Jicama is originally from what is now Mexico and Central America, where the growing season is long and warm.
- We eat the root of the jicama plant. It takes around nine months for the root to get big enough to harvest.
- The heaviest jicama root ever grown weighed 51 pounds!
- Jicama is often eaten raw, sometimes with lemon or lime juice and chili.
- Jicama is a good source of vitamin C which helps you fight off infection!

How Does it Grow?



Jicama is in the bean family! The jicama plant grows as a vine that can reach over 15 feet long and produces bean pods. The root of the plant is the only part that is edible, however. All other parts of the plant are poisonous!



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



Enrolled in CalFresh? Don't forget to complete your semi-annual report, also known as the SAR 7! It is due 6 months after your application or annual renewal.